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SWEAT LIKE YOU'RE IN SWEDEN
EXERCISING TO AN ABBA BEAT {page 17}

SELENA DOWNPLAYS BREAKFAST WITH BIEBS {page 14}

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CALGARY metro®
Tuesday, December 14, 2010
www.metronews.ca
News worth sharing.

Council opts to rename members

- Aldermen will become councillors after the 2013 election
- Nine voted to support motion
- Six voted against it

KATIE TURNER/FOR METRO

▶ Three of the Calgary Raging Grannies erupt in song following city council's decision yesterday to change each member's title from alderman to councillor following the 2013 election.

While the decision was made to change the title of alderman to the more gender-neutral term councillor yesterday, two of three female aldermen voted against the name change.

Ald. Druh Farrell argued changing the title has little impact and more fundamental changes need to be made.

"I think the issue goes far, far deeper, and yet we're just scratching the surface," she said. "And the worry is now that we're done this decision, we're done."

Ald. Diane Colley-Urquhart echoed Farrell's sentiments.

"Nothing really changes with a title change. I'm happy with alderman," she said.

On the other hand, rookie Ald. Gael MacLeod said she was "ecstatic" about the change.

"I think it's important because it sends a message that we are an inclusive city and ... titles do matter. They may be symbolic to some but they do make a difference," said MacLeod. "This is a historic moment and we should all feel good about this."

KATIE TURNER

NHL hockey

Flames edge Jackets

- Iginla scores his second goal of the game in OT
- Flames had led 2-0 less than five minutes into the first

{page 24}

Garrett Hedlund takes the lead

A conversation with the star of Tron: Legacy {page 12}

Don't get used to low rates

Top banker sounds alarm over household credit {page 9}

This should be fun, right?

Getting to the bottom of the holiday stress spiral {page 16}

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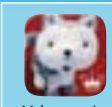

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Hockey dad killed in rollover

A father killed in a rollover west of Calgary yesterday is being remembered as a "bright spot" at the hockey rink.

Chestermere resident Perry Hjelsvold was reportedly driving a pickup truck headed west on Highway 1, near the Highway 1A exit, when he hit a patch of black ice and lost control. The truck swerved into the median and then rolled multiple times, according to police.

Details

- Police say icy road conditions were a likely factor in the crash.
- The road where the fatal incident occurred was closed for several hours as RCMP investigated.
- A second vehicle also rolled east of Strathmore yesterday, but the female driver walked away from the incident unharmed.

Hjelsvold, 34, was ejected from the vehicle and later pronounced dead in hospital.

His two children were also in the truck at the time, but both were unhurt and taken to hospital for precautionary measures only, said Chestermere RCMP Cpl. Stephen Browne.

News of Hjelsvold's death rocked his community, as friends struggled to cope.

Kindergarten teacher Sheri Sommerfeld taught one Hjelsvold's sons last year and currently has a child playing on the atom hockey team managed by his wife, Nikki. She said Perry's presence around the rink will be sorely missed.

"He was just the greatest guy," she said. "The kids loved him to pieces because he would tease them and joke around with them and laugh."

Shane Hainstock, president of Chestermere Minor Hockey, said the organization's thoughts are with the family during this difficult time.

"He was quite the jokester," Hainstock said. "He will be really badly missed." JEREMY NOLAIS

Safety concerns keep soccer dome deflated

Permanent structure needed for fields, some say Official says up to 18,000 athletes could be affected

The Calgary Soccer Federation has halted efforts to reinflate the air-supported bubble structure at the Subway Soccer Centre, which collapsed for the second time in two years last month.

A safety investigation is ongoing. However, it is unclear when, if ever, the facility will be opened again.

This decision will leave three indoor fields out of commission, putting further strain on the eight remaining pitches in the city.

Daryl Leinweber, executive director of the Calgary Minor Soccer Association, said he supports the federation's decision, but added the structure's collapse has created a logistical "disaster" for the current indoor season.

"The concern has really been the safety, and I think the Calgary Soccer Federation really had to look at that," he said.

Tim White, coach of the under-14 Calgary Blizzards, said he hopes the federation moves to construct a permanent structure in place of the inflatable facility.

"It might mean some short-term pain for long-term gain," he said.

Soccer Centre general manager Perry Logan could not be reached for comment regarding the future of the facility. JEREMY NOLAIS

History

- The Soccer Centre dome first collapsed in December 2008 and the facility was reopened three months later. It then collapsed again on Nov. 22. No one was hurt in either incident.
- The Calgary Minor Soccer Association may be forced to scale back the Family Day Tournament and all-star game.

KATIE TURNER/FOR METRO

That sinking feeling: The soccer dome's inflatable roof has been deemed a safety concern and will not be repaired.

Council halves proposed cuts

METRO FILE

Taxes were shaved a bit more yesterday in council.

The possibility of getting the 2011 tax-rate increase as low was four per cent has gone out the window after council decided yesterday to decrease across-the-board cuts.

During the budget-cuts discussion in November, Mayor Naheed Nenshi proposed that administration find a total of $8 million in cuts to all departments that would equal an overall one per cent tax-rate decrease.

$4M The amount administration will be looking to cut, which may land the tax-rate increase around 4.5 per cent.

It was decided yesterday that number would be reduced by half, making a four per cent increase unlikely. METRO

News in brief

New city auditor found

HIRE. Nearly six months after firing the former city auditor, council has filled the position. Tracy McTaggart was dismissed in June following a poor review of her office. Todd Horbasenko, Edmonton's current deputy city auditor, will take over the job in February. METRO

Police still seek gunman

CRIME. A gunman remains at large following a shooting incident Sunday that saw a home on Radcliffe Crescent SE hit by four bullets. Police do have a male in custody, and said he will be charged with uttering threats and breaching conditions. No one was harmed in the incident. METRO

1 news

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On the web at metronews.ca

What can investors expect in 2011? Kindness, says Allan Small. More at metronews.ca.

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Hitmen become Santa's helpers

More than 23,000 stuffed animals thrown onto the ice during Sunday night's game Players delivered toys at the Alberta Children's Hospital yesterday

KATIE TURNER
CALGARY@METRONEWS.CA

The morning after thousands of teddy bears rained from the sky at the Saddledome, players from the Calgary Hitmen were able to see first-hand the impact of Sunday's teddy bear toss.

"When we can give back to the community, that's pretty special for us, especially at a place like this," captain Matt MacKenzie said about the Alberta Children's Hospital.

"A lot of them are pretty shy, but you can see how happy they are when they get the bears so it makes us feel good."

Trevor Grant said when his two-year-old son Easton was given a teddy bear, he had trouble fighting back his emotions. "(Easton has) had a rough life so it's really neat to see this happen," said Grant.

Easton's mom, Jalene Grant, said they come to the hospital every week and having the Hitmen hand Easton a teddy bear made their day a little brighter. "It just puts a smile on their face, everything they have to go through. To be able to take five minutes and do that is pretty awesome."

KATIE TURNER/FOR METRO

▶ Sunday night's goal scorer Cody Sylvester with teddy bear recipient Avery Thiessen, 2.

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Police: All 10 shooting victims had gang ties

Weekend gunplay spanned several blocks outside restaurant on Vancouver's upscale west side

Vancouver police say they suspected another eruption in Vancouver's gang war was coming, even before a weekend shooting at an invitation-only birthday party left 10 people wounded.

Eight people remained in hospital yesterday after the brazen shootout and police said all are considered by police to be victims, though police also said all have gang ties. No suspects are in custody and no charges have been laid.

Vancouver police Chief Jim Chu said Vancouver's obvious gang problem has been relatively quiet for most of 2010, compared with the many killings in 2009.

But a slaying in October appears to have led to the latest explosion of violence.

"We had a little bit of a lull but there is always tensions beneath the surface and the latest outbreak is connected to the targeted hit of Gurmit Singh Dhak," Chu said.

The 32-year-old Dhak was gunned down on Oct. 16 in the parking lot of a huge suburban shopping mall and police suspected his death would trigger a gang war.

THE CANADIAN PRESS

Gang shootout

- The shootout prompted several calls to 911, including one from Vancouver Mayor Gregor Robertson, who lives within a few blocks of the crime scene in the usually quiet neighbourhood.
- All of the victims are between the ages of 20 and 36.

WikiLeaks. Pique.

▶ A supporter of WikiLeaks founder Julian Assange participates at a demonstration outside the Swedish Embassy in central London, yesterday, ahead of the hearing of Assange's extradition case to Sweden.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Assange supporters outraged

WikiLeaks founder Julian Assange remains in a U.K. jail ahead of today's hearing where he plans to fight Sweden's request to extradite him to face sex crimes allegations there. His detention is seen by supporters as politically motivated, after WikiLeaks outraged American officials by publishing hundreds of thousands of classified U.S. diplomatic cables in recent weeks.

U.S. envoy Holbrooke dead at 69

Richard Holbrooke, a brilliant and feisty U.S. diplomat who wrote part of the Pentagon Papers and served as President Barack Obama's special envoy to Pakistan and Afghanistan, died yesterday. THE CANADIAN PRESS

Space probe reaches zero solar wind zone

NASA says the long-running Voyager 1 spacecraft hurtling toward the edge of the solar system has reached another milestone.

THE ASSOCIATED PRESS

'Don't ask, don't tell' lawsuit filed

Three military veterans who were discharged under the law that prohibits gays from serving openly in uniform sued the government yesterday to be reinstated. THE ASSOCIATED PRESS

Safety net has holes: Report

People forced into destitution before receiving welfare: Study Provinces urged to ease up on asset limits

It is tougher to get welfare in Canada today than during the economic downturn of the early 1990s, the National Council of Welfare says in its latest report.

That's because Ontario and most other provinces force people to drain their bank accounts and spend all of their savings before they qualify for help, says the report, released in Ottawa yesterday.

As a result, it is almost impossible for those living on welfare to get back on their feet, says the council.

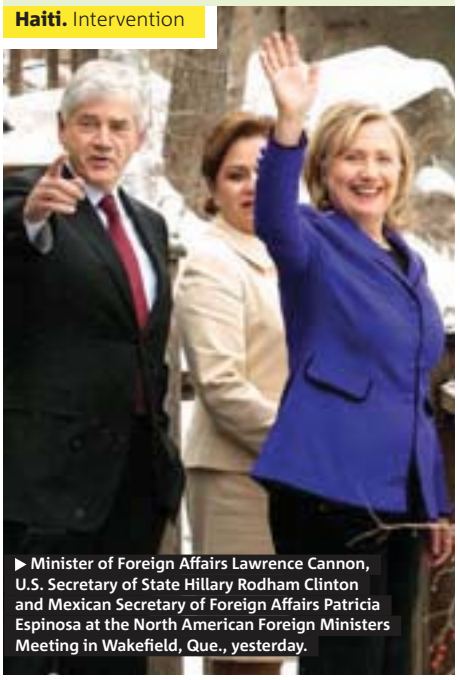
Other problems include rates that fall far below any definition of poverty and welfare clawbacks that leave those who find some work no further ahead, the report notes.

TORSTAR NEWS SERVICE

Disparity

- **The highest** welfare income for an employable single person was $9,593 in Newfoundland. The lowest was $3,773 in New Brunswick.
- **Manitoba** had the most generous asset limits, allowing employable people to keep up to $4,000 per person.
- **P.E.I.** had the lowest asset limits, allowing as little as $50 for an employable person or single parent.

Haiti. Intervention



▶ Minister of Foreign Affairs Lawrence Cannon, U.S. Secretary of State Hillary Rodham Clinton and Mexican Secretary of Foreign Affairs Patricia Espinosa at the North American Foreign Ministers Meeting in Wakefield, Que., yesterday.

ADRIAN WYLD/THE CANADIAN PRESS

Haiti leaders get warning

Canada and the U.S. bluntly warned Haitian leaders yesterday to get their political house in order after a week of post-election chaos that has left the impoverished country with no clear political way forward.

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Website seeks input on future of health care

Canadians told: 'Stand up, be vocal' System faces big challenges, such as drug costs, aging population

Canadians are being asked to write their own prescription for the future of the country's health-care system.

The Canadian Medical Association has created a website to seek opinions on questions likely to play a large role in the coming debate on health-care reform.

The current federal-provincial health accord is set to expire in 2014.

"There is going to be a lot of discussion that takes place over the next year or two and Canadians have to be heard," said Dr. Jeff Turnbull, president of the CMA. "They have to design the health-care system for their future."

Issues

The CMA website (healthcaretransformation.ca) says there are three topics up for discussion:

- **Expansion** of the Canada Health Act.
- **The definition** of value for money in health care.
- **What responsibility** Canadians should take for their own health.

The discussions will come as drug costs soar and the population continues to age, but also as federal and provincial governments continue to try to wrestle down deficits.

Conservative cabinet ministers have already sent signals that current levels of transfer payments to the the provinces aren't set in stone.

While doctors may know the complex nature of the system, it's patients who are affected by its inner workings, said Turnbull.

"It is the patient who is waiting in our emergency department, it is the patient who can't get into long-term care, it is the patient who had their surgery cancelled yet again," he said. "Those people have to stand up, be vocal."

THE CANADIAN PRESS

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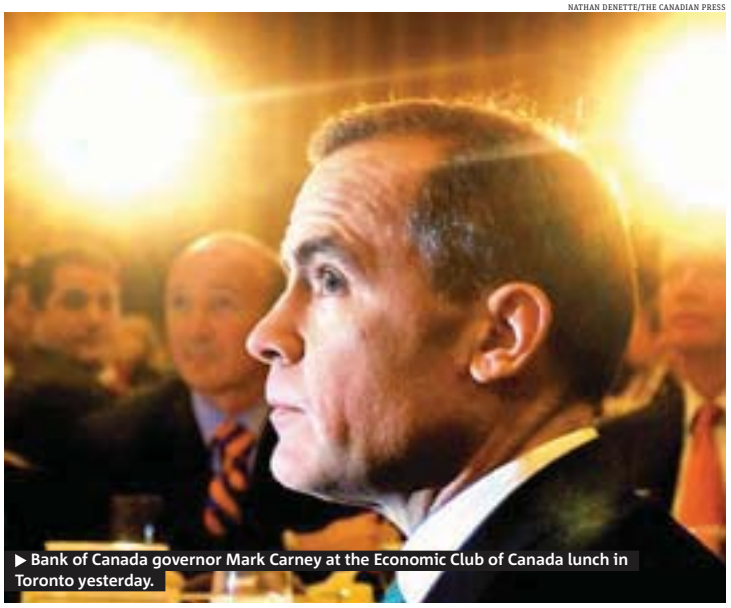

▶ Bank of Canada governor Mark Carney at the Economic Club of Canada lunch in Toronto yesterday.

Bank of Canada chief warns of reckoning

Mark Carney says cheap money not a long-term growth strategy Says reckoning will be swift and brutal

Bank of Canada governor Mark Carney is issuing a broad warning to Canadians, firms and governments that the financial and economic crisis is far from over and they need to rein in their appetite for cheap money.

Returning to a theme he began speaking about last week, Carney told the Economic Club in Toronto that the global recovery is so weak that advanced nations may need to keep interest rates super-low for a long period, and the U.S. may have to resort to yet another round of printing money.

"(But) cheap money is not a long-term growth strategy," he warned.

"Experience suggests that prolonged periods of unusually low rates can cloud assessments of financial risks, induce a search for yield and delay balance sheet adjustments."

For Canadians, he noted with alarm that household credit has grown by seven per cent since the recession's trough, compared to a 3.5 per cent decline in the U.S., perhaps an indication that Canadians believe the easy ride on debt payments will be permanent.

THE CANADIAN PRESS

40

Over a dozen countries are now accumulating reserves at double-digit annual rates. Countries representing over 40 per cent of the U.S.-dollar trade weight are now managing their currencies, or subtly manipulating them.

VIDEO STREAMING

Netflix adds new content

A slate of Canadian programs including CBC's The Tudors, Republic of Doyle and Kids in the Hall are headed to Netflix Canada. The video streaming website said yesterday it has signed various licensing agreements with major distributors for hundreds of new titles available to its subscribers. Other content ranges from the U.S. cable series The Big C, starring Laura Linney, to Emmy-nominated reality show Undercover Boss and seasons of Saturday Night Live. Some of the shows are already available to watch.

"TV content continues to be extremely popular with our members, and we believe that they will be delighted with the expanding list of critically acclaimed and popular TV series available to watch instantly," said Kelly Merryman, vice-president of content acquisition for Netflix.

THE CANADIAN PRESS

Market moment

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HAUNTED BY HAIR SALON HORRORS

She says ...

JESSICA NAPIER

I think we've all shed a few tears over a particularly terrible haircut at some point in our lives. If you've never broken down in front of the mirror over your hair, well, I guess you're just a little more emotionally stable than the rest of us.

I'm not proud of it, but I've hosted a number of pity parties for myself in the hours following a disastrous cut and blow. And, of course, the most horrendous hair mistakes always seem to happen days before an important and highly photographed event. So bad is my history with hair care that I've gotten to the point where I no longer trust any of these power-tripping, round-brush wielding stylists.

Every salon visit seems to go a little something like this:

Me: "Just a trim please, I still want to keep the length."

Hairstylist: "Got it. You want it much shorter and with lots of layers."

Me: "No, no layers, I hate layers. Just a trim please."

Hairstylist: "All right, so I'll be cutting off about five inches and giving you 'The Rachel' from Friends circa 1994."

Clearly, none of us mere mortals stands a chance against these perfectly coiffed professionals with their confusing double-speak about feathering techniques and proper follicle maintenance.

"I can't think of any other people that I pay to make me this miserable, except maybe my dentist."

And, so, I almost always leave the salon mourning the loss of my long locks and a hard-earned $50, even more when I am guilted into purchasing an armful of pretentious shampoos and serums that I really don't need and certainly can't afford. One time I even walked away with a bloody ear after a scissor-happy stylist got a little carried away.

I can't think of any other people that I pay to make me this miserable, except maybe my dentist.

Just last week I found myself tearing up in front of the mirror while scrutinizing my latest chop; traumatized yet again by too-short-tresses and 1990s sitcom-star inspired layers. Yes, I know it's just hair and it'll grow back, but at the time it always seems so devastating.

I've had plenty of horrific hairdos (make that hair-don'ts) over the course of my 25 years. A perm, bangs, another perm ... but the most important thing I've learned is that you should never, ever get a haircut in a foreign country. Trust me when I tell you, North American women cannot pull off an edgy Euro-mullet.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

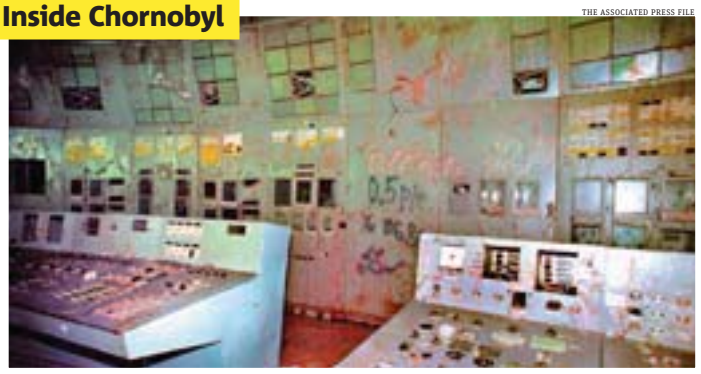
MICHAEL DE ADDER

Not your typical tourist spot

Worth mentioning

Inside Chornobyl

THE ASSOCIATED PRESS FILE



Want a better understanding of the world's worst nuclear disaster? Come tour the Chornobyl nuclear power plant.

Beginning next year, Ukraine plans to open up the sealed zone around the Chornobyl reactor to visitors who wish to learn more about the tragedy that occurred nearly a quarter of a century ago, the Emergency Situations Ministry said yesterday.

Chornobyl's reactor No. 4 exploded April 26, 1986, spewing radiation over a large swath of northern Europe. Hundreds of thousands of people were resettled from areas contaminated with radiation fallout in Ukraine, Belarus and Russia. Related health problems still persist.

The so-called exclusion zone, a highly contaminated area within a 50-kilometre radius of the exploded reactor, was evacuated and sealed off in the aftermath of the explosion. All visits were prohibited.

A few firms now offer tours to the restricted area, but the government says those tours are illegal and their safety is not guaranteed. Emergency Situations Ministry spokeswoman Yulia Yershova said experts are developing travel routes that will be both medically safe and informative for Ukrainians, as well as foreign visitors.

THE ASSOCIATED PRESS

What's your favourite tourist destination? Why?

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Metro Minute at Winter Latitudes

Members of Calgary-based choir Vocal Latitudes will put their pipes to the test tonight at the Unitarian Church of Calgary. Under the direction of seasoned jazz musician and singer Frank Rackow, the music group will present its latest concert, titled Winter Latitudes.

The group sings traditional and popular music from various parts of the world in a variety of genres, including jazz, pop and gospel. Admission is $10 and the concert begins at 8 p.m. The Unitarian Church of Calgary is located at 1703–1st St. NW. A portion of the proceeds will go towards constructing a security fence at an all-girls school in Cape Coast, Ghana. METRO

CONTRIBUTED

▶ Musician Frank Rackow will direct the Winter Latitudes concert this evening.

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2 scene

Tron star about to go On the Road

Best known for smaller roles in Friday Night Lights and Four Brothers, Garrett Hedlund takes centre stage in Tron: Legacy

NED EHRBAR
SCENE@METRONEWS.CA

Garrett Hedlund's schedule is getting pretty full these days, with two films — Tron: Legacy and Country Strong — hitting theatres and another, On the Road, just completed. The ever-humble Minnesota native talked with Metro about heading up a franchise, motorcycle envy and crash diets.

How does it feel stepping into the lead role here? Playing Jeff Bridges' son, you have an even bigger role than he does.

With the films I've done prior, even before I'd gotten my first role, I'd kind of formulated in my mind that if I'm an actor, all I really want to be is a piece of the puzzle, but I never wanted to be the picture of the puzzle. I always concentrated on being in films with great actors that I could learn from — how they compose themselves on and off set, you know. That really prepped me for something like this. Because I never had to be the one on set every day, all day.

The studio obviously has a franchise in mind for Tron. Are you ready to be a part of something like this for a while?

When I wanted to come out to L.A. to be an actor, all my other friends that were very serious about acting wanted to go to New York and wanted to be in theatre. I wanted to be in film. I didn't want to do television, I just wanted to do film. I know that within this film, and in order to appease everything that's applied and necessary, you have to be willing and able to do everything that comes along with the package.

Did you do your own motorcycle work for Tron: Legacy?

Yes. I drove a motorcycle a little bit on the farm in Minnesota growing up, just dirt bikes and stuff. But actually handling this Ducati... I mean, you could get up to 80 miles an hour in first gear, so it was kind of a dangerous machine, especially to drive un-helmeted. In a big kind of Disney production, producers aren't happy about these things.

This is a pretty big year for you, with Tron: Legacy and Country Strong. How did you manage everything?

It's been a weird line of transitions, because for two years I was prepping for On the Road, so by the time I did Tron,

I'd had to start a massive amount of training. I got with the trainer and then I had to lose 30 pounds to get back into the suit. It was just so chaotic. It's been such a multiple-personality-disordered year. I don't know if that makes sense.

DAN STEINBERG/THE ASSOCIATED PRESS

▶ Actor Garrett Hedlund arrives at the premiere of the feature film Tron: Legacy in Los Angeles on Saturday.

News in brief

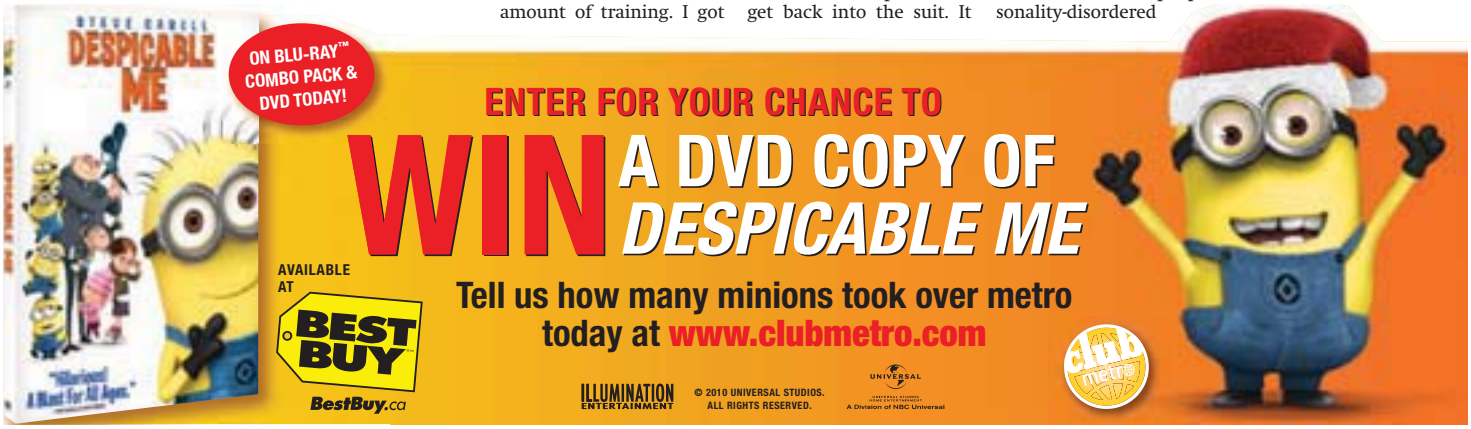
British actress and model Elizabeth Hurley says she has separated from her husband, Arun Nayar, of three years.

Hurley's announcement on her Twitter account comes amid reports in British tabloids linking her romantically to Australian cricket star Shane Warne. Warne confirmed he has also split from his wife.

"Not a great day," Hurley, 45, tweeted Sunday. "For the record, my husband Arun & I separated a few months ago."

The couple married in 2007 at a castle outside of London. They followed up the private civil ceremony with a lavish and traditional Hindi wedding in Jodphur, India.

THE ASSOCIATED PRESS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Cyrus breaks rom-com clichés

Cyrus
(Fox Searchlight)

The most sincere moment in any movie you are likely to see this year comes in the twitch of an angry neck vein.

It's the involuntary reaction of John C. Reilly's put-upon character John, as he suddenly realizes diplomacy is getting him nowhere. His massive mitts are near the neck of his tormenter Cyrus (Jonah Hill), the 21-year-old son of John's new girlfriend Molly (Marisa Tomei).

Cyrus has mommy issues. He still lives at home — dad is long gone — and he's not happy about another man entering Molly's life. He understands that he's difficult to get close to ("I get overly excited sometimes") but he can't help himself. Neither can John, who also operates on self-destructive instincts. He recognizes a lot of Cyrus in himself.

▶ John C. Reilly, left, and Jonah Hill in Cyrus.

This latest minimalist study in maximum emotions comes from talented brothers Mark and Jay Duplass. It finds truth in those moments between spoken words, when the flick of an eyelid, the pulse of a vein or the purse of the lips betray things that might otherwise not be stated.

This could be a horror or suspense movie, and in some ways, it is — the soundtrack often takes on the rapid-pulse aspects of a thriller. Cyrus obviously has emotional and possibly mental issues, but they're not clearly defined. There's no telling what he's prepared to do to keep mommy to himself.

No necks were harmed in the making of Cyrus, but many tired relationship clichés were.

Extras include deleted scenes, a Q&A with the Duplass bros and a music mash-up with Reilly and Hill. PETER HOWELL

Remake earns an 'A' for action

The A-Team
(20th Century Fox)

Acting like a cartoon is the whole point of The A-Team and also the main appeal of this adapted '80s TV actioner, which is actually smarter than it needs to be. In this case, gratefully, "dumb" isn't a synonym for "idiotic."

Director Joe Carnahan remains true to A-Team lore: a quartet of ex-military aces, benevolent brutes, all band together to right wrongs and settle scores anywhere in the world, shedding only the blood permitted by the U.S. PG-13 rating.

▶ Bradley Cooper, left, and Liam Neeson in The A-Team.

Liam Neeson takes last year's Taken to its logical next level by marching into George Peppard's role of Col. Hannibal Smith, a cigar-chomping square jaw with fatherly mien and boyish enthusiasm. Bradley Cooper, Sharlto Copley and Quinton "Rampage" Jackson complete these amusing 'B' versions of the original 'A's. I pity the fool who fails to share the popcorn. Extras, mostly on the Blu-ray, include director's commentary, a highlights mash-up and deleted and extended scenes. PETER HOWELL

Ferrell's buddy cop comedy falls flat

The Other Guys
(Sony Pictures)

The abiding philosophy of funnyman Will Ferrell and his directorial accomplice Adam McKay is that any joke worth cracking is worth pounding into the pavement.

The Other Guys, a buddy-cop comedy pairing Ferrell with Mark Wahlberg, takes this nag-flailing fault to extremes. We get infinite variations of sexist and homophobic humour involving a dumb cop (Wahlberg) and a really dumb cop (Ferrell).

Michael Keaton's stiff-necked police captain and Steve Coogan's scheming Wall Streeter might also have worked better, had the script offered them anything more than simply mugging for the camera.

Eva Mendes manages to escape the satirical shackles in her role as Ferrell's long-suffering wife. She provides the inspired lunacy missing from most of the picture, especially in a scene where she deadpans sings Pimps Don't Cry to her depressed hubby.

Extras, mainly on the DVD, include deleted and extended scenes and numerous gag featurettes. PETER HOWELL

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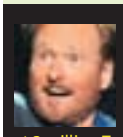
Celebrity tweets

Elizabeth Hurley [@Elizabeth Hurley] Not a great day. For the record, my husband Arun & I separated a few months ago. Our close family & friends were aware of this.

Billy Ray Cyrus [@billyray cyrus] Sorry guys. I had no idea. Just saw this stuff for the first time myself. Im so sad. There is much beyond my control right now.



Conan O'Brien [@Conan OBrien] I am almost at 2 million Twitter followers! I am going to tell my grandkids about this — right after I explain to them what "Twitter" was.

Andy Roddick [@andy roddick] im about to make THE DECISION of the morning... i think i'm gonna take my talents to Coffee Bean

Miley's leaked video sparks salvia sales

Video shot at L.A. house party allegedly shows Cyrus taking hits of psychedelic herb from a bong

Miley Cyrus

While the recent leaked video of Miley Cyrus smoking the salvia, which is legal in California, may prove to have consequences for her career, it's doing wonders for sales of the psychedelic herb, according to TMZ.

Sales of salvia have tripled since the video's release late last week, according to the website, which polled several Los Angeles head shops.

Costumers have been asking for "the stuff Miley was smoking," one shop worker says.

"Salvia is one of those things that you only try once because it is so intense."

METRO

Chris Rock handy in an emergency

One Chris Rock fan got quite the special treatment when her water broke at a New Jersey mall while the comic actor was close by, according to Us Weekly. Witnesses say Rock told jokes to keep the woman and bystanders calm until paramedics arrived.

"He was making the crowd and the woman in labour laugh," a source says. "She recognized who he was immediately, and he stayed there until the paramedics took her away." METRO

Did Handler ding Jolie at box office?

Angelina Jolie's new movie, The Tourist, opened to lower-than-expected box office receipts, and some industry sources suggest Chelsea Handler's recent anti-Jolie tirade may have something to do with it.

"It's not that Chelsea is the most powerful movie critic the world has ever known, it's that she reminded all of America what Angelina had done all over again," an unnamed executive tells Popeater.

"Chelsea picked an ugly scab off a wound that Angelina had worked so hard to heal with her humanitarian work. What woman in America is going to pay money to see Angelina ruin one man's life on screen when we all saw her [ruin Jennifer Aniston's marriage] for free in real life?"

METRO

Pancakes are Bieber's true love: Gomez

Selena Gomez

Selena Gomez is batting off rumors that a recent breakfast date with Justin Bieber in Philadelphia was anything serious.

"It was pancakes. Who doesn't like pancakes?" she tells MTV News.

"We were both performing in the same place so we went and had pancakes together. That's all it is. All innocent."

The two were photographer leaving the breakfast spot walking arm-in-arm.

METRO

Lohan's still not laughing at Paltrow's Glee joke

While Gwyneth Paltrow's guest spot on Glee may have aired a month ago, Lindsay Lohan is still reportedly smarting over the jokes Paltrow made on the show at the troubled starlet's expense, according to Radar Online.

"She called me and was upset and said, 'Why did [Gwyneth] have to do that?'" Lindsay's mom, Dina Lohan, tells the website. "Gwyneth went overboard and it was unnecessary. Lindsay thought she was a friend and it was disappointing. It was hurtful and not funny."

METRO

Cage starts paying off $14M in back taxes

$360,545
So far, the actor has paid back $360,545 of the back taxes he owes from 2002 to 2004, according to TMZ.

Nicolas Cage's finances are slowly on the road to recovery after he was hit last year with an IRS bill total close to $14 million in unpaid taxes and fees.

Cage had previously blamed his former business manager for getting him into so much trouble .

METRO

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Send holiday stress down the chimney

Clinical psychologist identifies reasons why Christmas season can cause headaches Study shows holiday linked to heart attacks

CELIA MILNE
WELLNESS@METRONEWS.CA

As the Christmas carol goes, "You'd better not cry."

But if you feel like it, you wouldn't be alone.

Christmas and New Year's can be a stressful and even a sad time of year for some people. "The holidays are a time that can be very joyful, with celebrations, good food and time spent with family. But they can also be very stressful because of numerous demands placed on people," says Katy Kamkar, a clinical psychologist in Toronto.

Metro asked Kamkar, who is acting treatment head of the Work, Stress and Health Program at the Centre for Addiction and Mental Health, to explain why the holidays can be a downer for some people.

• Social stress

Some people find the social obligations overwhelming and exhausting. Tensions can build at family gatherings.

• Negative connotations

If this is the time of year when a loved-one died or something upsetting happened, you may be feel sad or lonely.

• Financial pressure

The holidays are expensive. Knowing you're going deeper into debt makes you feel distressed.

• Travel tensions

Delays and bad weather can cause anxiety and worry.

• Perfectionism

Trying to make the perfect meal, get the perfect gift, and have the perfect home decor contributes to even more stress.

• Bad health

If you already suffer from stress, depression or anxiety, the holiday season can often add to those feelings.

• Anxiety

For some, going to crowded places like the mall can increase symptoms of stress.

• Addiction

People who are trying to abstain from alcohol or other addictions may have a harder time during the holidays.

• Overindulgence

People tend to neglect nutrition and exercise goals, which takes a physical toll.

Stress

Holidays a trigger for heart attacks?

Triggers Along with blizzards, earthquakes, job strain, violence, sexual activity, smoking, using cocaine and air pollution, this time of year has been identified as one of the clinical triggers of myocardial infarction, according to an August 2010 paper by Utah researchers, published in Hospital Practice

Over the holidays Care for yourself. Eat a healthy diet, reduce alcohol, reduce caffeine, and maintain physical exercise; this helps you physically and psychologically. And set up a budget and stick to it, to avoid financial strain.

Stress

Common signs of stress, says Katy Kamkar, a clinical psychologist in Toronto, include irritability, difficulty concentrating, becoming more anxious or negative, headaches, stomach problems, difficulty sleeping and feeling overwhelmed. If this holiday season is stressing you out, take a step back and re-assess. Seek support if you have feelings of depression and anxiety. And giving tasks your full attention (even last-minute ones) will help you enjoy them more.

CELIA MILNE

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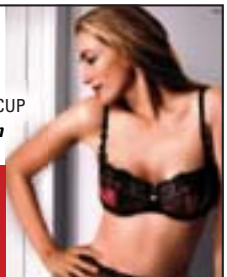

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Sweat like Sweden

Scandinavians always seem to be happy, healthy and stylish. Their secret? Swedercise, a fitness routine designed to be fun and seriously tough at the same time.

ROMINA McGUINNESS
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METRO WORLD NEWS IN LONDON

ALEXANDER RUAS

▶ Swedercise syncs strength training with pop music

Pounding the treadmill or lifting weights might get you a perfect body, but in Sweden, some folks work out to Jympa, Swedercise to keep slim and smiley.

The 60-minute workout follows an exercise curve, originally developed to the beat of Swedish pop music.

Designed by experts in medicine and physiology and led by ridiculously enthusiastic instructors to ensure optimum results, the class has you jumping, stretching, punching and doing push-ups to the rhythm of Beyoncé, ABBA, Rhianna and Britney.

"The point is to make exercise accessible and fun," explains Johan Wissinger, Swedercise instructor at Friskis & Svettis.

He's why, two days after the class, I can still feel every muscle in my body reacting to the workout.

"It's not about gruelling calorie counting or mindless moves, but getting a fun, full body workout."

Calories may not matter to him, but — FYI — one hour can burn up to 600 calories.

Swedercise step by step

Warm up: Nothing tiring here, just 10 minutes spent getting your body prepared for the workout. The warm up is designed to increase your heart's capacity and avoid injuries later on.
The song: Kings of Leon, Sex on Fire, 150 beats per minute (bpm).

Flexibility: The focus is on slow, big movements to stretch out and soften the muscles.

The pace of the music here is slow and relaxing to allow you to stretch the muscles out completely.
The song: Beyoncé, If I Were a Boy, 40 bpm.

Strength: The strength training part is 100 per cent dynamic. You're working out your arms, stomach, back, bottom and legs.
The song: Jay Z/Rihanna/Kanye West, Run this Town, 80 bpm.

Cardio: The aim is to maximise your oxygen uptake by focusing on the heart and lungs and applying pressure on joints and muscles. Look for lunges, spins, jumping and skipping.
The song: Britney Spears, Womanizer, 140 bpm.

"The point is to make exercise accessible and fun... It's not about gruelling calorie counting or mindless moves, but getting fun, full body workout."
JOHAN WISSINGER, SWEDERCISE INSTRUCTOR AT FRISKIS &SVETIS

Warm down: The aim is to lower your pulse and help your body rid itself of the lactic acid build-up caused by working out the muscles. The moves are large, calm and relaxing.
The song: Jason Mraz, Life is Beautiful, 100 bpm.

Stretching: Several exercises are carried out to give your muscles a static stretch (hands reaching out to the sky or head and neck rotations).
The song: Alexandra Burke, Hallelujah, 30 bpm.

Relaxation: This is the period of recovery where you can focus on your body and soul. Relaxing music will help you cool down and lower your body temperature.

This part is a key element to the stress relief aspect of the programme.
The song: More of Hallelujah. And hallelujah, I survived.

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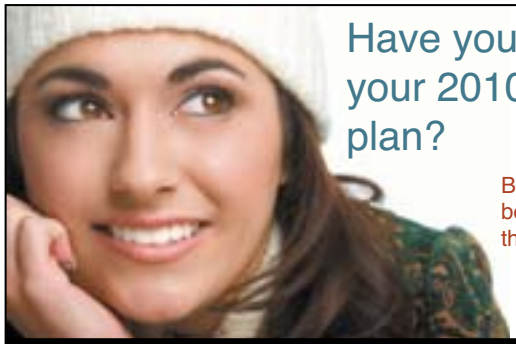
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Kitchen creativity

Poet Maya Angelou applies her expressiveness to savoury dishes

For Maya Angelou, the holidays bring family and friends to the table to eat, to laugh and to one-up each other.

"This is a time when people get to 'show out,' as my grandmother used to say," says Angelou, a poet, memoirist and civil rights icon.

"Moe is going to try to out-cook Joe. It becomes amusing and delightful."

Angelou, whose second cookbook, Great Food, All Day Long (Random House, 2010), features holiday-worthy dishes such as crown roast and prime rib, helped a generation understand why caged birds sing. But how about making perfect veal chops?

"I'm a cook, a serious cook," she says. "I plan meals not only for their nutritional value but for their beauty. I plan them around who's going to eat them and when."

Which makes Angelou's cooking very much like her writing. The 82-year-old Pulitzer winner approaches the kitchen with the same respect for ingredients that she gives her words.

"You have to examine and be familiar with every element," she says. "So you should know a red pepper, what it will do in a skillet with a tablespoon of olive oil, how it will look. How if you give more heat what will happen to it."

Cooking can be a gateway to creativity of all kinds, Angelou says, if you pay careful attention.

"I ask folks to read poetry aloud, so they can hear the music, the melody of it," she says. "I would encourage a person who wants to cook to buy cookbooks."

Angelou estimates her own cookbook collection at somewhere around 300 volumes. THE ASSOCIATED PRESS

Crown Roast of Pork

Preparation:

1. Start to finish: 4 hours (1 hour active). Heat oven to 190 C (375 F).
2. In a large skillet over low, heat butter.
3. Add apples and prunes and saute for 3 minutes. Remove skillet from heat and set prunes aside in a separate dish. Let cool.
4. In a small bowl, mix together garlic, thyme, oregano, salt, pepper and olive oil to form a paste. Rub paste into meat.
5. Place meat in a shallow roasting pan and roast for 30 minutes.
6. Reduce oven temperature to 160 C (325 F) and roast for another 2 to 3 hours.
7. Remove roast from oven once internal temperature reads 63 C (145 F) on an instant thermometer. Place a prune on the end of each rib and return meat to oven for 20 minutes.
8. Remove from oven. To serve, transfer cooled apples into centre of roast.

THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS

▶ Crown roast of pork.

Ingredients:

- 15 ml (1 tbsp) butter
- 3 apples, peeled, cored and cut into large dice
- 8 pitted prunes
- 5 ml (1 tsp) granulated garlic
- 5 ml (1 tsp) dried thyme
- 5 ml (1 tsp) dried oregano
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 22 ml (1 1/2 tbsp) olive oil
- 3.5 kg (8 lbs) pork ribs (have butcher fashion into crown roast)

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†The Heart and Stroke Foundation's registered dietitians have reviewed this product to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org

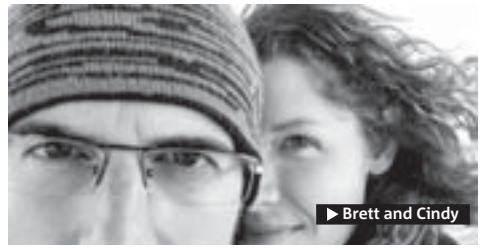
CONNECT FOR LIFE

Names: Brett, 27 Cindy, 35

Current city: Barrie, Ont.

Together since: 2007

Their story:


▶ Brett and Cindy

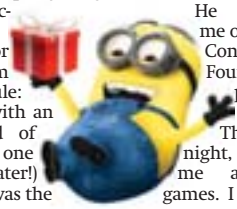
"When I (Cindy) turned 30, I decided it was time to challenge myself...

I'd been teaching in the same school for seven years so I applied for an exchange in Australia.

The school year began with a staff meeting. One of my new teacher friends introduced me to everyone — including Brett.

"Cindy, this is Brett," she said. When I looked up, my heart started dancing.

When I left for Australia, my mom gave me just one rule: Don't fall in love with an Aussie! So I kind of avoided Brett. Then one day (nine months later!) he boasted that he was the best at Connect Four. I disagreed!



He invited me over for a Connect Four championship. That night, he beat me at four games. I lost the games, but won the boy! Sorry mom, I couldn't help it! Fast forward three years and we're splitting our time together between our two countries. We have 'we'll make it work' attitudes — and we will!"

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My husband and I are newly married and both just starting our careers. But we're being pressured by our parents to have kids. How do we (politely) tell them that's not in the cards right now?

Angela says...
This is one of the worst offences a parent can make in my book. Having children is a personal choice. The decision is between you and your partner.

If the badgering really bothers you, set boundaries. The only way to make them stop is to build up your nerve and speak up. Tell them you realize they want to be grandparents, but to please respect your space and remind them that they'll be the first to know when and if you and your husband are expecting.

Derek says...
You should resign yourself to the fact that the occasional annoying comment from a family member is unavoidable. The best revenge would be to have four or more children so the giddy grandparents exhaust their savings, spoiling them with clothes and toys. Dump the brood off every weekend to terrorize said grandparents, so you and hubby can have alone time. Then they'll really regret hounding you.

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- Review the procedures and efficacy of our distribution contractors and hand-promoters, ensuring they are adhering to Metro's policies.
- Seek and implement new distribution opportunities and locations within the general area

REQUIREMENTS OF THE POSITION:
- Knowledge of distribution strategies for news/print media preferred
- Strong reporting skills using Microsoft Word and Microsoft Excel
- Strong computer and email skills
- Excellent communication skills
- Ability to work at irregular hours (some evening work required)
- Assertive self-starter with own vehicle
- An adequate team player with an adaptable attitude

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than December 17, 2010. PLEASE QUOTE: "DISTRIBUTION AUDITOR - CALGARY" in the subject line. All submissions will be treated as confidential.

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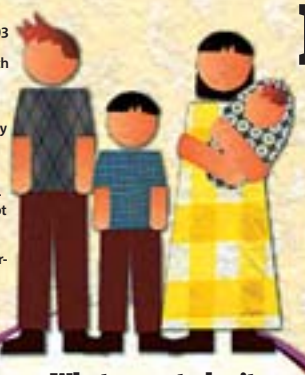
Kids and money

Raising a millionaire

...Or, a child that won't end up neck-deep in credit card debt
It pays off to start teaching your kids about money early



Currently, 93 per cent of parents with teenage kids in the developed world worry that their offspring will overspend, accumulate debt or simply fail to save up for emergencies.

Parents should teach their kids personal finance when they are young.
The crux of money management: Part of it is knowledge, part of it is habit. The best time to establish good habits in kids is during preschool. If we wait until high school, it will be harder to start a new habit, says Laura Levine, the executive director of Jump$tart Coalition for Personal Financial Literacy.

Kids, teens and young adults know how to charge a purchase on a card. But do they know how to pay the bill?

Every second college student has more than four credit cards.

What parents don't teach their kids

81% haven't taught their teens how to invest money.

80% don't involve kids in major spending decisions.

80% never worked out a back-to-school budget.

76% don't explain money management regularly.

71% never explained how credit card fees work.

71% never taught credit card management.

72% of kids who learned about saving money tend to save regularly.

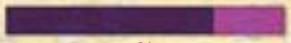
4 years is old enough

Sharon Lechter of Pay Your Family First suggests to start teaching kids about finances at age four or five. Only then they will recognize the difference between a $5 and $20 bill. A good way to begin with is three piggy banks.

If they receive an allowance, it should be in denominations that encourage saving, easily split between three piggy banks. Introduce the subject of money, but at a very basic level – like saving for the future, being careful with money. They will retain it for the rest of their lives, says Levine.

82% consider themselves "in bad financial health."

Average debt of a freshman in the last four years rose by **251%**



74% is by how much median debt of undergraduate students rose in the last four years.

$3,173 Average credit card debt of an undergraduate student in the U.S.

DANIEL DENISIUK
MIA KORAB

SOURCES: MAKING THE CASE FOR FINANCIAL LITERACY– 2010, WWW.JUMPSTART.ORG; , CAPITAL ONE'S ANNUAL SURVEY;CHARLES SCHWAB'S 2008 "PARENTS & MONEY" AND 2009 YOUNG ADULTS & MONEY SURVEY; SALLIE MAE'S 2008 SURVEY OF UNDERGRADUATE STUDENTS.

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Protect against fraud during the holidays

Do your debit and credit cards seem to spend more time out of your wallet than in it? Be extra careful during the holidays, because fraudsters are watching.
When shopping, always protect your PIN and keep your card in sight to prevent "skimming"— when fraudsters swipe your card to record information from the magnetic strip.

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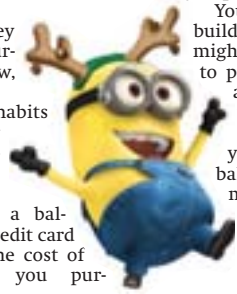
Make your credit card work for you

Credit cards can be a convenient and safe way to pay for purchases and services.

But, they can encourage buy-now, pay-later spending habits that may lead to financial trouble.

Carrying a balance on a credit card increases the cost of everything you purchase with the card, due to the amount of interest you pay.



You could also build up debt that might take you years to pay off, or damage your credit rating.

However, if you pay off your balance every month, you can save those interest charges.

Here are a few tips from the Financial Consumer Agency of Canada (FCAC) that can help you make the most of your credit card this season:

• Pay off your balance every month so you won't pay any interest charges on your credit card purchases.

• If you do carry a balance, pay back as much as you can as quickly as possible. You don't have to wait until the payment due date.

The FCAC Credit Card Payment Calculator tool shows you how much you save when you pay more than the minimum monthly payment.

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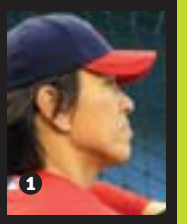
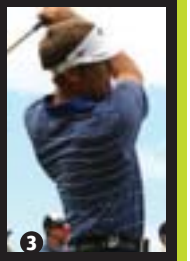
Sports in brief





1 Hideki Matsui and the Oakland Athletics worked yesterday to finalize a contract.

2 Stuart Appleby was voted the PGA Tour comeback player of the year.

THE ASSOCIATED PRESS

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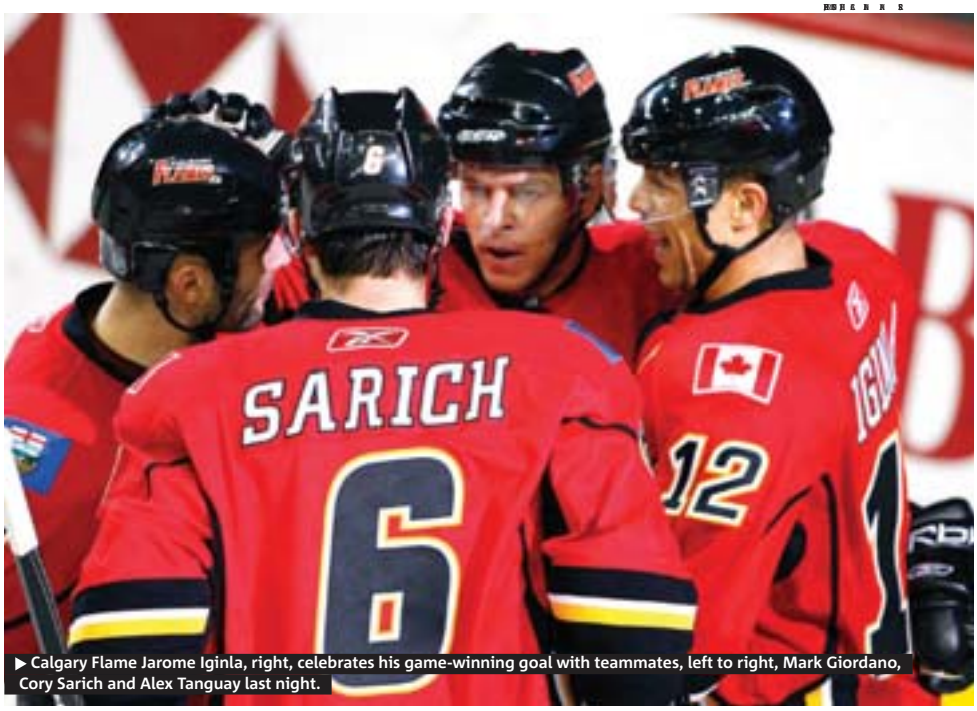
Iginla leads Flames to win

Scores two, including OT winner to increase point streak to eight games ◗ Flames let 2-0 lead slip away before finishing off Blue Jackets



▶ Calgary Flame Jarome Iginla, right, celebrates his game-winning goal with teammates, left to right, Mark Giordano, Cory Sarich and Alex Tanguay last night.

Jarome Iginla's second goal of the night 3:49 into overtime gave the Calgary Flames a 3-2 victory over the Columbus Blue Jackets last night.

Enormous pressure deep in the Blue Jackets end was finished off by the Flames captain, who was set up in the slot by Alex Tanguay and had an empty net to fire the puck into with Mathieu Garon trapped out of position.

Calgary led 2-0 less than five minutes into the game but saw the Blue Jackets come back and eventually tie it in the third period.

3	2
FLAMES	BLUE JACKETS

After waiting over 55 minutes to receive its first power play of the night, Columbus took just 28 seconds to convert it and tie the score 2-2.

With Adam Pardy off for hooking, Kris Russell faked a shot and sent a pass to Rick Nash at the top of the faceoff circle. The Blue Jackets captain snapped his 17th goal of the season into the top corner, over the shoulder of Miikka Kiprusoff.

Columbus pressed for the go-ahead goal throughout the third period, generating several dangerous chances around the Flames net.

However, when the puck wasn't bouncing just over a stick or trickling wide, the Flames were either lucky — Ethan Moreau put a shot off the goal post — or saved by Kiprusoff.

The Flames goaltender jabbed out a toe to thwart R.J. Umberger and sprawled to deny a wrap-around attempt by Antoine Vermette.

Brendan Morrison also scored for Calgary (13-15-3). The Flames return to action Thursday when the Toronto Maple Leafs visit the Scotiabank Saddledome. Calgary will be attempting to win consecutive games for the first time since a three-game winning streak Oct. 22-26 that began with a 6-2 win in Columbus.

Vermette also scored for Columbus (16-11-2). The Blue Jackets are winless in their last four on the road.

THE CANADIAN PRESS

Calderon not ready to return

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Jose Calderon

Raptors point guard Jose Calderon did not travel with the team for its game in Charlotte tonight because of nagging pain in his left foot and he's not entirely sure how it came to be.

"No idea at all," Calderon said after the Raptors worked out at the Air Canada Centre yesterday. "Everything was good after the (Dec. 8 Knicks) game and I woke up in the morning and feel a little bit of something there, it was sore, and that's how we found out. So I don't know what I did.

"But it's nothing big, nothing important, it's just gong to be day-to-day so, hopefully, in a couple of days all the swelling goes down and I can go out there. But we don't want to go too much."

Calderon got some work in Sunday and tried to take part in yesterday's practice but felt a little pain. He did some conditioning work and hopes to be back in the lineup either tomorrow against Chicago or Friday against New Jersey.

TORSTAR NEWS SERVICE

Favre's streak reaches its end

No more, Brett.

After 297 consecutive starts over 19 seasons, one of the greatest individual streaks in all of sports, Brett Favre ran into an injury he couldn't beat and sat down.

The 41-year-old Vikings quarterback who fought through broken bones, aches, pains and personal grief to play week after week couldn't make it for the Minnesota Vikings last night. Favre was sidelined by a throwing shoulder too damaged for even him to overcome.

Jeff Anderson, a Vikings spokesman, announced to the public on Twitter that Favre was out: "Vikings Inactives — 12, 19, 25, 31, 76, 90, 91 ... and 4. The streak ends ..."

The Vikings hoped Favre, who has started despite a broken foot and elbow tendinitis this season, could do it again when the game against the New York Giants was delayed from Sunday after the Metrodome roof collapsed. That forced the game to be moved to Detroit's Ford Field, but it was not enough time for Favre to get healthy enough to play.

Leslie Frazier, Minnesota's interim coach, said the plan was for Favre to go through a pre-game throwing routine to try to determine if he could play, but the three-time MVP wasn't on the field about 90 minutes before kickoff, and the Vikings announced moments later he was inactive.

Favre finally came out about 35 minutes before the scheduled kickoff, wearing a T-shirt and warmup pants. He hugged a teammate while receiving a few cheers from the crowd, then stood at the 15-yard line and chatted with Tarvaris Jackson, the new Minnesota starter.

Favre was injured when the Bills' Arthur Moats hit him square in the back and sent him to the turf on the third play from scrimmage last weekend.

THE ASSOCIATED PRESS

205

Consecutive starts by Peyton Manning, the new longest active streak. The Colts QB would need another 5½ years to surpass Brett Favre.

Record holder calls it a career

'I have zero desire to carry on, absolutely no desire,' track star says

RYAN REMIORZ/THE CANADIAN PRESS

▶Canada's Gary Reed checks his time after a fourth-place finish in the men's 800-metre final at the 2008 Summer Olympics in Beijing.

There's already a fullness to Gary Reed's face to replace the cheeks once hollow from countless hours of training.

There were also tears and a wide smile yesterday as the world silver medallist in the 800 metres officially announced his retirement from track and field.

Despite the tears, the 29-year-old from Kamloops, B.C., called it a "joyous, positive decision."

"It's not a decision that I've been forced into by injury, illness, anything negative," he said. "I feel like I've explored every avenue in this sport, I've turned over every stone in training, I left it all out there, and it feels good."

Reed said he no longer has the drive to log long hours of training and do the little things required to be a contender for a medal at the 2012 London Olympics.

"To sum it up in a one-liner, the tank is empty. I have no more gas in the tank, I have no more drive left that is needed to stand on the podium," he said at a news conference at a Toronto hotel yesterday.

Reed was just nipped at the finish line to win silver at the 2007 world championships in Osaka, Japan, then went on to finish fourth at the 2008 Olympics, in one of Canada's top track performances in Beijing. His time of one minute 43.68 seconds set in 2008 in Monaco is the Canadian record in the 800 metres. THE CANADIAN PRESS

Juniors get Top 2 again

A year ago it was Taylor and Tyler. This year it's Sean and Ryan, the "underage" stars trying to earn a spot on Canada's world junior hockey team.

Taylor Hall made the team and went on to be drafted first overall by the Edmonton Oilers, while Tyler Seguin was cut, then went second overall to the Boston Bruins.

Sean Couturier of the Drummondville Voltigeurs and Ryan Nugent-Hopkins of the Red Deer Rebels were ranked this year as the first- and second-best prospects respectively for the 2011 NHL draft by International Scouting Services.

Couturier was third in Quebec Major Junior Hockey League scoring with 16 goals and 35 assists when he left for the selection camp. His combination of size and soft hands has made him the early favourite to go No. 1.

"I try not to think about it," Couturier said yesterday. "I'm just focused on making the team."

Coach Dave Cameron said he won't rule out selecting young players, as long as they can play sound in all three zones of the ice.

Nugent-Hopkins, listed at only 166 pounds on a six-foot-frame, is more about speed and playmaking, as his eight goals and 33 assists with Red Deer this season attest.

"I'm not the biggest guy, so I've got to use my quickness and agility to get around guys and avoid checks and stuff," said the Burnaby, B.C., native, who had an assist in the opening intrasquad contest. THE CANADIAN PRESS

NFL

Jets coach suspended for season

This was one costly trip for Sal Alosi.

The New York Jets official, who tripped a Miami Dolphins player during a game, was suspended by the team last night without pay for the rest of the season, including the playoffs.

He was also fined an additional $25,000 US.

Alosi, the Jets strength and conditioning coach, began serving his suspension immediately.

"I accept responsibility for my actions and respect the team's decision," Alosi said in a statement.

General manager Mike Tannenbaum said Alosi will also not be allowed to interact with any players or coaches "as it pertains to his job function."

"Hopefully we're going to learn from what happened yesterday and take full responsibility for it," Tannenbaum said.

He added the team spoke with the NFL about the incident throughout the day, and the league will issue no further discipline.

Alosi stuck out his left knee on the sideline as cornerback Nolan Carroll was covering a punt in the third quarter of Miami's 10-6 win Sunday.

"I let everybody down yesterday with my actions," said Alosi, fighting back tears during a news conference earlier yesterday. THE ASSOCIATED PRESS

Cliff Lee headed back to Phillies?

JED JACOBSOHN/GETTY IMAGES

▶ Cliff Lee of the Philadelphia Phillies throws a pitch against the New York Yankees in Game 5 of the 2009 World Series.

While the New York Yankees and Texas Rangers waited for Cliff Lee to make a decision, speculation started that the Phillies might attempt to sign the pitcher who helped Philadelphia reach the 2009 World Series.

Lee received what appeared to be final offers from the Yankees last Wednesday and Rangers one day later, but he hasn't let either of those teams know whether he intends to accept one of those proposals.

While New York has offered Lee a seven-year contract, a person familiar with the Phillies' deliberations said Philadelphia would not offer a deal that long and was unlikely to give even a six-year contract.

The person spoke on condition of anonymity because the Phillies have not publicly discussed their interest in Lee.

Philadelphia dealt Lee to Seattle as part of a four-team, nine-player swap after the 2009 season while simultaneously acquiring Roy Halladay from Toronto and signing him to a new contract that added $60 million US over three seasons.

If the Phillies did sign Lee, he would join Halladay, Roy Oswalt and Cole Hamels to form what would be considered the top rotation in the major leagues. The Phillies would be in position to trade Joe Blanton.

Lee had a good time during his stay with the Phillies, who acquired him from Cleveland in July 2009.

"At first, I didn't believe it. I thought we were working out an extension with the Phillies," Lee said the day after the trade.

"I thought I'd be spending the rest of my career there ... I was under the impression they wanted to keep me there for a long time. In my mind, it was going to happen."

The Los Angeles Angels, who failed in their attempt to sign outfielder Carl Crawford, haven't said whether they are in or out in the bidding for Lee, spokesman Tim Mead said yesterday.

Lee also helped the Rangers reach the World Series for the first time this year after he was obtained from the Mariners in July.

"I'd want Cliff to come back for sure. That's a decision that he's going to have to make, and I'm sure whatever decision he makes is going to be the right one," catcher Matt Treanor said yesterday after agreeing to an $850,000, one-year contract with the Rangers.

"I'm excited to see what happens, as well." THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	31	21	8	2	0	101	71	44	10-5-1-0	11-3-1-0	10-0-0-0	W12
d-Washington	32	18	11	1	2	98	92	39	12-4-0-2	6-7-1-0	4-5-0-1	L6
d-Montreal	30	18	10	2	0	78	61	38	11-4-2-0	7-6-0-0	5-4-1-0	L2
Philadelphia	31	19	7	2	3	105	76	43	10-5-0-2	9-2-2-1	6-1-0-3	W2
Atlanta	31	17	11	1	2	99	91	37	9-6-0-1	8-5-1-1	8-2-0-0	W2
NY Rangers	32	18	13	1	0	96	83	37	7-8-1-0	11-5-0-0	6-4-0-0	W1
Boston	28	16	8	1	3	81	56	36	7-5-1-2	9-3-0-1	5-3-1-1	L1
Tampa Bay	30	16	10	2	2	94	106	36	7-2-1-1	9-8-1-1	6-2-0-2	W1
Ottawa	32	13	16	2	1	71	96	29	8-8-1-1	5-8-1-0	3-5-1-1	L1
Carolina	28	12	12	0	4	78	87	28	6-5-0-1	6-7-0-3	3-3-0-4	W1
Buffalo	30	12	14	4	0	78	84	28	6-9-1-0	6-5-3-0	5-4-1-0	L1
Florida	28	13	15	0	0	71	72	26	6-5-0-0	7-10-0-0	3-7-0-0	L1
Toronto	29	11	14	2	2	65	86	26	8-6-2-1	3-8-0-1	4-5-1-0	W1
New Jersey	29	8	19	1	1	53	88	18	4-7-1-1	4-12-0-0	3-7-0-0	L5
NY Islanders	28	5	18	3	2	59	98	15	3-7-1-1	2-11-2-1	1-7-2-0	L6

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	29	19	7	2	1	96	78	41	11-4-1-1	8-3-1-0	6-3-1-0	L1
d-Vancouver	28	16	8	2	2	91	74	36	9-3-1-1	7-5-1-1	6-3-1-0	W1
d-Dallas	29	17	10	0	2	83	80	36	11-3-0-1	6-7-0-1	7-2-0-1	L1
Nashville	29	15	8	4	2	76	70	36	7-1-3-2	8-7-1-0	6-1-1-2	W3
Colorado	30	16	10	4	0	108	95	36	8-4-1-0	8-6-3-0	4-3-3-0	W3
Anaheim	33	16	13	2	2	87	98	36	11-6-0-1	5-7-2-1	6-3-0-1	W2
Los Angeles	28	17	10	1	0	78	65	35	11-2-1-0	6-8-0-0	5-4-1-0	W1
Chicago	32	16	13	2	1	101	96	35	8-8-0-0	8-5-2-1	6-3-1-0	L2
Phoenix	28	14	8	4	2	81	77	34	6-4-2-2	8-4-2-0	6-3-0-1	W1
Columbus	29	16	11	1	1	76	79	34	8-7-0-1	8-4-1-0	3-5-1-1	L1
San Jose	29	15	10	4	0	88	84	34	8-4-2-0	7-6-2-0	6-4-0-0	W1
St. Louis	28	14	9	2	3	72	75	33	9-2-0-2	5-7-2-1	4-4-1-1	L1
Minnesota	29	13	12	1	3	71	86	30	7-6-0-2	6-6-1-1	4-4-1-1	L1
Calgary	31	13	15	1	2	84	19	29	8-6-0-0	5-9-1-2	5-4-0-1	W1
Edmonton	29	11	13	1	4	77	101	27	5-7-1-1	6-6-1-2	6-3-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Los Angeles 5 Detroit 0
Atlanta 4 Ottawa 3 (OT)
Nashville 5 N.Y. Islanders 0
Colorado 7 Chicago 5
Calgary 3 Columbus 2 (OT)
Dallas at San Jose
Sunday's results
Vancouver 2 Edmonton 1
Anaheim 6 Minnesota 2
N.Y. Rangers 7 Washington 0
Tonight's games
(All times Eastern)
Pittsburgh at Philadelphia, 7 p.m.
Toronto at Edmonton, 9 p.m.
Tomorrow's games
Boston at Buffalo, 7 p.m.
Phoenix at New Jersey, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
Anaheim at Washington, 7 p.m.
St. Louis at Detroit, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.
Atlanta at Tampa Bay, 7:30 p.m.
Carolina at Florida, 7:30 p.m.
San Jose at Nashville, 8 p.m.
Colorado at Chicago, 8:30 p.m.
Columbus at Vancouver, 10 p.m.

THRASHERS 4, SENS 3 (OT)

First Period
1. Atlanta, Slater 5 (Boulton, Thorburn) 9:36
2. Atlanta, Little 8 (Thorburn, Byfuglien) 17:18
Penalties — Atlanta bench (too many men; served by Stapleton) 0:35.
Second Period
3. Atlanta, Byfuglien 11 (Peverley, Anropov) 17:38
4. Ottawa, Alfredsson 9, 18:31
Penalties — None.
Third Period
5. Ottawa, Neil 2 (Ruutu, Kelly) 5:48
6. Ottawa, Spezza 8, 7:23 (penalty shot)
Penalties — None.
Overtime
7. Atlanta, Little 9, 1:09
Penalties — None.
Shots

Atlanta	10	4	7	3—24
Ottawa	11	6	13	0—30

Goal — Atlanta: Pavelec (W,10-6-2); Ottawa: Elliott (L,10-10-1). **Power plays (goals-chances)** — Atlanta: 0-0; Ottawa: 0-1.
Att. — 18,184 (19,153) at Ottawa.

FLAMES 3, JACKETS 2 (OT)

First Period
1. Calgary, Iginla 13 (Backlund, Giordano) 2:20
2. Calgary, Morrison 5 (Hagman, Babchuk) 4:25
Penalty — Pahlsson Clb (holding) 11:30.
Second Period
3. Columbus, Vermette 9 (Murray) 18:45 (sh)
Penalties — Tyutin Clb (elbowing) 12:20, Sestito Clb (hooking) 17:43.
Third Period
4. Columbus, Nash 17 (Russell, Vermette) 15:41 (pp)
Penalty — Pardy Cal (hooking) 15:13.
Overtime
5. Calgary, Iginla 14 (Tanguay, Sarich) 3:49
Penalties — None.
Shots

Columbus	6	9	9	0—24
Calgary	11	6	5	3—25

Goal (shots-saves) — Columbus: Mason (4-2), Garon (L,7-4-0)(4:25 first)(21-20); Calgary: Kiprusoff (W,11-14-1). **Power plays (goals-chances)** — Columbus: 1-1; Calgary: 0-3.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	26	25	51
Stamkos, TB	24	20	44
St. Louis, TB	11	26	37
D.Sedin, Vcr	16	20	36
Ovechkin, Wash	12	24	36
Datsyuk, Det	11	25	36
Perry, Ana	16	19	35
H.Sedin, Vcr	5	30	35
B.Richards, Dal	12	22	34
Semin, Wash	18	15	33
Backstrom, Wash	11	22	33
Getzlaf, Ana	10	22	32
Hejduk, Col	11	20	31
Sharp, Chi	17	13	30
M.Richards, Pha	11	19	30
Byfuglien, Atl	10	20	30
Heatley, SJ	13	16	29
Ladd, Atl	10	19	29
Zetterberg, Det	10	19	29
Roy, Buf	9	20	29
Giroux, Pha	14	14	28
Neal, Dal	13	15	28
Eriksson, Dal	12	16	28
E.Staal, Car	12	16	28
P.Stastny, Col	12	16	28

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	19	4	.826	—
d-Miami	18	8	.692	2½
Orlando	16	8	.667	3½
d-Chicago	15	8	.652	4
Atlanta	16	9	.640	4
New York	16	9	.640	4
Indiana	11	12	.478	8
Milwaukee	10	13	.435	9
Toronto	9	15	.375	10½
Charlotte	8	15	.348	11
Philadelphia	8	15	.348	11
Cleveland	7	17	.292	12½
Detroit	7	18	.280	13
Washington	6	16	.273	12½
New Jersey	6	18	.250	13½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	20	3	.870	—
Dallas	19	5	.792	1½
d-L.A. Lakers	17	7	.708	3½
d-Utah	18	8	.692	3½
Oklahoma City	17	8	.680	4
Denver	14	9	.609	6
New Orleans	14	10	.583	6½
Portland	12	13	.480	9
Phoenix	11	12	.478	9
Memphis	11	14	.440	10
Houston	9	14	.391	11
Golden State	8	16	.333	12½
Minnesota	6	18	.250	14½
Sacramento	5	16	.238	14
L.A. Clippers	5	20	.200	16

d-division leader
Last night's results
Miami 96 New Orleans 84
Chicago 92 Indiana 73
Memphis 86 Portland 73
Milwaukee 103 Dallas 99
Utah 108 Golden State 95
Sunday's results
New York 129 Denver 125
Philadelphia 88 New Orleans 70
L.A. Lakers 99 New Jersey 92
San Antonio 95 Portland 78
Oklahoma City 106 Cleveland 77
Orlando 94 L.A. Clippers 85
Tonight's games
(All times Eastern)
Toronto at Charlotte, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
L.A. Lakers at Washington, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Sacramento at Houston, 8:30 p.m.
Orlando at Denver, 9 p.m.
Minnesota at Golden State, 10:30 p.m.

LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	21	186	170	574	27.3
Bryant, LAL	24	219	169	640	26.7
Stoudemire, NYK	25	247	157	656	26.2
Rose, CHI	21	203	84	527	25.1
Nowitzki, DAL	23	220	115	575	25.0
Gordon, LAC	23	180	172	563	24.5
Ellis, GOL	23	216	96	560	24.3
James, MIA	25	204	167	605	24.2
Westbrook, OKC	25	197	186	589	23.6
Martin, HOU	23	147	190	533	23.2
Anthony, DEN	21	168	136	486	23.1
Wade, MIA	24	194	151	554	23.1
Williams, UTA	25	189	150	567	22.7
Howard, ORL	22	165	143	473	21.5
Bargnani, TOR	24	193	96	512	21.3
Beasley, MIN	22	190	70	468	21.3
Gay, MEM	24	196	83	508	21.2
Granger, IND	22	161	92	464	21.1
Love, MIN	24	165	131	493	20.5

FIELD GOAL PERCENTAGE

	FG	FGA	PCT
Hilario, DEN	108	170	.635
Gasol, MEM	105	172	.610
Young, PHL	120	205	.585
Ibaka, OKC	107	183	.585
Odom, LAL	152	261	.582
Howard, ORL	165	286	.577
Horford, ATL	179	312	.574
Nowitzki, DAL	220	387	.568
McGee, WAS	89	157	.567
Warrick, PHX	91	164	.555

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

COMMISSIONER'S OFFICE—Suspended Pittsburgh minor league RHP Arquimedes Lorenzo 50 games for his violation of the Minor League Drug Prevention and Treatment Program.
AMERICAN LEAGUE
BALTIMORE ORIOLES—Agreed to terms with RHP Koji Uehara on a one-year contract.
DETROIT TIGERS—Named Chris Cron manager of Erie (EL) and Dave Huppert manager of Lakeland (FSL).
OAKLAND ATHLETICS—Agreed to terms with RHP Joey Devine on a one-year contract.
SEATTLE MARINERS—Designated C Rob Johnson for assignment.
TEXAS RANGERS—Agreed to terms with C Matt Treanor on a one-year contract. Announced RHP Ryan Tucker cleared outright waivers and was assigned to Round Rock (PCL).
NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Named Mel Stottlemyre, Jr. short-season pitching coordinator; Joel Youngblood outfield and baserunning coordinator; Turner Ward manager and Alan Zinter hitting coach for Mobile (SL); Jason Hardtke manager, Doug Drabek pitching coach and Andy Abad Hitting coache for Visalia (Cal); Bobby Smith pitching coach for Soputh Bend (MWL); Audo Vicente manager, Doug Bochtler pitching coach and Jacob Cruz hitting coach for Yakima (NWL); Andy Green hitting coach Missoula (Pioneer); Kelly Stinnett manager, Abraham Nunez hitting coach and Jeff Bajenaru pitching coach for D-backs (Arizona).
LOS ANGELES DODGERS—Agreed to terms with INF Juan Castro, C J.D. Closser and OF Eugenio Velez on minor league contracts.
NEW YORK METS—Named Ken Oberkfell bench coach, Mookie Wilson first base coach, Dave Hudgens hitting coach and Jon Debus bullpen coach. Retained third base coach Chip Hale and pitching coach Dan Warthen.
SAN DIEGO PADRES—Agreed to terms with RHP Dustin Moseley on a one-year contract.

AMERICAN ASSOCIATION

EL PASO DIABLOS—Signed RHP Alfredo Caballero.
SHREVEPORT-BOSSIER CAPTAINS—Sold the contract of C Brian Peterson to Kansas City (AL).
WINNIPEG GOLDEYES—Signed C Luis Alen.

FRONTIER LEAGUE

LAKE ERIE CRUSHERS—Signed OF Trae Gore and 1B Eddie Tisdale to contract extensions.
OAKLAND COUNTY CRUISERS—Signed RHP Brad Reid.
RIVER CITY RASCALS—Signed OF Scott Houin to a contract extension.

BASKETBALL

NBA

MINNESOTA TIMBERWOLVES—Recalled G Jonny Flynn from Sioux Falls (NBADL). NBA Development League
RIO GRANDE VALLEY VIPERS—Announced F-C Patrick Patterson was recalled by Houston (NBA).

FOOTBALL

NFL

CINCINNATI BENGALS—Placed S Chinedum Ndukwe on injured reserve.
SEATTLE SEAHAWKS—Placed WR Deon Butler on injured reserve.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Recalled F Ryan Potulny from Rockford (AHL).
LOS ANGELES KINGS—Activated D Willie Mitchell from injured reserve. Placed F Brad Richardson on injured reserve.
MINNESOTA WILD—Reassigned C Warren Peters to Houston (AHL).
NEW JERSEY DEVILS—Sent D Matt Corrente and RW Alexander Vasyunov to Albany (AHL). Recalled D Dan Kelly and D Harry Young from Albany.
NEW YORK ISLANDERS—Recalled D Dylan Reese and F Rhett Rakhshani from Bridgeport (AHL).
PHILADELPHIA FLYERS—Suspended F Jody Shelley two games for delivering a hit from behind to Boston D Adam McQuaid during a Dec. 11 game.
ST. LOUIS BLUES—Recalled F Adam Cracknell, F Chris Porter and F Dave Scatchard from Peoria (AHL).
WASHINGTON CAPITALS—Assigned RW Andrew Gordon to Hershey (AHL).

AHL

BRIDGEPORT SOUND TIGERS—Released F Trent Campbell.

SOCCER

MLS

LEAGUE OFFICE—Named Kathy Carter president of Soccer United Marketing.
PORTLAND TIMBERS—Signed D Kerrea Gilbert.

FOOTBALL

NCAA

All Times Eastern
Saturday's games
NEW MEXICO BOWL
At Albuquerque, N.M.
Texas-El Paso (6-6) vs. Brigham Young (6-6), 2 p.m.
HUMANITARIAN BOWL
At Boise, Idaho
Northern Illinois (10-3) vs. Fresno State (8-4), 5:30 p.m.
NEW ORLEANS BOWL
Ohio (8-4) vs. Troy (7-5), 9 p.m.
Tuesday, Dec. 21
BEEF 'O' BRADY'S BOWL
At St. Petersburg, Fla.
Louisville (6-6) vs. Southern Mississippi (8-4), 8 p.m.
Wednesday, Dec. 22
MAACO BOWL
At Las Vegas
Utah (10-2) vs. Boise State (11-1), 8 p.m.
Thursday, Dec. 23
POINSETTIA BOWL
At San Diego, Calif.
San Diego State (8-4) vs. Navy (8-3), 8 p.m.
Friday, Dec. 24
HAWAII BOWL
At Honolulu
Hawaii (10-3) vs. Tulsa (9-3), 8 p.m.
Sunday, Dec. 26
LITTLE CAESARS PIZZA BOWL
At Detroit
Toledo (8-4) vs. Florida International (6-6), 8:30 p.m.
Monday, Dec. 27
INDEPENDENCE BOWL
At Shreveport, La.
Georgia Tech (6-6) vs. Air Force (8-4), 5 p.m.
Tuesday, Dec. 28
CHAMPS SPORTS BOWL
At Orlando, Fla.
North Carolina State (8-4) vs. West Virginia (9-3), 6:30 p.m.
INSIGHT BOWL
At Tempe, Ariz.
Missouri (10-2) vs. Iowa (7-5), 10 p.m.
Wednesday, Dec. 29
MILITARY BOWL
At Landover, Md.
East Carolina (6-6) vs. Maryland (8-4), 2:30 p.m.
TEXAS BOWL
At Houston
Baylor (7-5) vs. Illinois (6-6), 6 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
x-New England	11	2	0	.846	415	276
N.Y. Jets	9	4	0	.692	273	242
Miami	7	6	0	.538	225	244
Buffalo	3	10	0	.231	256	339

SOUTH

	W	L	T	Pct	PF	PA
Jacksonville	8	5	0	.615	295	331
Indianapolis	7	6	0	.538	347	318
Houston	5	8	0	.385	316	355
Tennessee	5	8	0	.385	291	265

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	10	3	0	.769	290	198
Baltimore	9	4	0	.692	294	229
Cleveland	5	8	0	.385	235	252
Cincinnati	2	11	0	.154	262	345

WEST

	W	L	T	Pct	PF	PA
Kansas City	8	5	0	.615	295	268
San Diego	7	6	0	.538	354	253
Oakland	6	7	0	.462	314	307
Denver	3	10	0	.231	269	376

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	9	4	0	.692	329	250
Philadelphia	9	4	0	.692	374	308
Washington	5	8	0	.385	238	310
Dallas	4	9	0	.308	321	366

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	11	2	0	.846	335	243
New Orleans	10	3	0	.769	330	240
Tampa Bay	8	5	0	.615	260	267
Carolina	1	12	0	.077	164	338

NORTH

	W	L	T	Pct	PF	PA
Chicago	9	4	0	.692	253	228
Green Bay	8	5	0	.615	306	189
Minnesota	5	8	0	.385	230	274
Detroit	3	10	0	.231	285	309

WEST

	W	L	T	Pct	PF	PA
Seattle	6	7	0	.462	261	329
St. Louis	6	7	0	.462	245	268
San Francisco	5	8	0	.385	243	280
Arizona	4	9	0	.308	243	351

x — clinched playoff berth.

WEEK 14

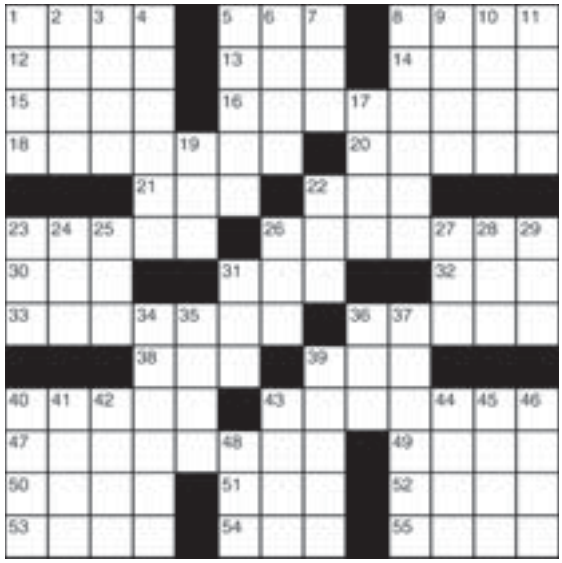
Last night's results
Baltimore 34 Houston 28 (OT)
At Detroit
N.Y. Giants 21 Minnesota 3
Sunday's results
Arizona 43 Denver 13
Atlanta 31 Carolina 10
Buffalo 13 Cleveland 6
Detroit 7 Green Bay 3
Jacksonville 38 Oakland 31
Miami 10 N.Y. Jets 6
New England 36 Chicago 7
New Orleans 31 St. Louis 13
Pittsburgh 23 Cincinnati 7
San Diego 31 Kansas City 0
San Francisco 40 Seattle 21
Tampa Bay 17 Washington 16
Philadelphia 30 Dallas 27
N.Y. Giants at Minnesota (ppd., snow and stadium problems)

WEEK 15

Thursday's game
(All times Eastern)
San Francisco at San Diego, 8:20 p.m.
Sunday's games
Kansas City at St. Louis, 1 p.m.
Washington at Dallas, 1 p.m.
Houston at Tennessee, 1 p.m.
Arizona at Carolina, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Tampa Bay, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Buffalo at Miami, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
New Orleans at Baltimore, 1 p.m.
Atlanta at Seattle, 4:05 p.m.
Denver at Oakland, 4:15 p.m.
N.Y. Jets at Pittsburgh, 4:15 p.m.
Green Bay at New England, 8:20 p.m.
Monday, Dec. 20
Chicago at Minnesota, 8:30 p.m.

THE BEST THING TO HAPPEN TO THE IPHONE SINCE OUR LAST APP!
NEW Crossword and Suduko updated daily.
Available on the App Store
metro play

Crossword



Across
1 Unkempt one
5 Method
8 Arrived
12 Protagonist
13 Past
14 "Oh, woe!"
15 — the Terrible
16 Matisse et al.
18 Tall footed beer glass
20 Overact
21 Atmosphere
22 Sch. group
23 PDA communique
26 Speech sound
30 High hit
31 Cushion
32 Flee
33 At the center
36 Bacteria
38 Minstrel's song
39 Chignon
40 South American range
43 City in a Dionne Warwick hit
47 Type of hairstyle
49 Aware of
50 Spore cases
51 Poolroom stick
52 Picture on a laptop
53 "Phooey!"
54 Type measures
55 Information

Down
1 Ocean liner, e.g.
2 Jeans-maker Strauss
3 Exam format
4 Dwarf tree
5 Thin cracker
6 Culture medium
7 Thee
8 Alligator's cousin
9 As well
10 Actor Damon
11 Brutus' being
17 Presidential power
19 Zero
22 Third degree?
23 Sprite
24 Cattle call?
25 Easy as —
26 Remuneration
27 Mess up
28 Silent
29 Halves of 54-Across
31 Thickness
34 Joan Collins' "Dynasty" role
35 Whip
36 Pistol
37 Command
39 Uses the oven
40 Distant
41 Houston acronym
42 Tubular channel
43 Like lapsin the pool
44 Formerly
45 Pack cargo
46 A really long time
48 Expert

▶ Yesterday's answer

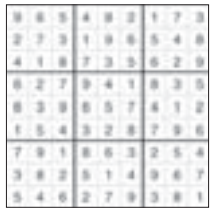
Sudoku

	8				3			
7			1	5		3	2	
5		3					6	
	2	8		1				
			7		4			
				9		1	4	
	7					8		4
	6	1		3	5			9
			2				5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Cupcake, as soon as we can arrange our big day the better. I love you so much baby! I want you and our boys to have the best Xmas ever!
NELSO ALABACITO

Thank you very much for the great weekend, we had a good time. And thank you for the flowers too, love 'em Love you babe
YOUR COCONUT

To the love of my life Tony; Thank you for being there for me, loving me the way that you do. Your truly the best partner anyone could ever have. I love you with all my heart and soul
XOX BARBARA

HOLLA AT CALLER #9!! You are the smartest and most witty girl I have ever met. Would you be my prom date?
YOUR TRULY, THE AURA

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -3° Max 4°	Min -3° Max -1°	Min -12° Max -9°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It will pay to be nice to people today, especially those who might be able to further your career interests. Don't let your temper get the better of you.

♉ Taurus April 21-May 21 Do you get the feeling that it's time to move on? Today's cosmic pattern will ignite your interest in faraway places. If you are brave enough to actually get up and go, it could be the best thing you ever did.

♊ Gemini May 22-June 21 You need to get your finances in order, and you need to do it quickly. If you don't make the necessary changes over the next two or three days, you will find that balancing the books is almost impossible.

♋ Cancer June 22-July 22 You will find it easier to reach your goals if you team up with people who share your aims and ambitions. You don't have to like one another, you just have to work together.

♌ Leo July 23-Aug.23 Listen to your conscience and do as it tells you, even if it puts you at odds with loved ones and work colleagues. You know from experience that your inner voice is seldom wrong, so listen carefully then act.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in the most positive area of your chart means that if you want to do something or if there is someone you want to get close to, you must make your move soon.

♎ Libra Sept. 23-Oct. 23 If there is something you can do for someone you love, do it and don't count the cost. When you do a good deed, you make it more likely that good deeds will come back to you.

♏ Scorpio Oct. 24-Nov. 22 Don't let your heart rule your head today. Facts and figures must come first, both in your personal life and at work. Someone's sob story may sound credible but the planets warn it is a big con.

♐ Sagittarius Nov. 23-Dec. 21 It will all come together today. Now you can see why certain things have occurred and why the powers that be have been guiding you in a new direction.

♑ Capricorn Dec. 22-Jan. 20 You'll soon have the kind of self-belief that moves mountains. However, as Mercury is moving retrograde you must be sure in that what you desire is what you really need.

♒ Aquarius Jan. 21-Feb. 18 Cosmic activity in the most sensitive area of your chart urges you to be kind to yourself. You may look tough but on an inner level you are struggling with doubt.

♓ Pisces Feb. 19-March 20 If you say what you think today, you will upset someone with whom it would be wiser to stay on good terms. Just because you know the truth does not mean you have to speak it.
SALLY BROMPTON

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JERRY HOLT/AP/THE STAR-TRIBUNE

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Punta Cana

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.

$999
+Taxes & other fees: $172

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Jan. 3, 10 & 17 • 1 wk.

PRIVILEGES
$1699
+Taxes & other fees: $98

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm.
Jan. 9 - 23 • 1 wk.

$1059
+Taxes & other fees: $155
Departure tax: 25 CUC cash, paid locally

Santa Clara

Royal Hideaway Ensenachos • 5 ★

All-Inclusive
Royal spa premium rm.
Jan. 8 – 22 • 1 wk.

PRIVILEGES
$1379
+Taxes & other fees: $155
Departure tax: 25 CUC cash, paid locally

MEXICO

Puerto Vallarta/Riviera Nayarit

Buenaventura Grand Hotel & Spa • 4 ★

All-Inclusive • Deluxe rm.
Jan. 8 - 22 • 1 wk.

$1349
+Taxes & other fees: $105

MEXICO

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4 ★

All-Inclusive
Superior rm.
Jan. 1 • 1 wk.

PRIVILEGES
$1099
+Taxes & other fees: $225

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive • Deluxe rm.
Jan. 23 • 1 wk.

$1229
+Taxes & other fees: $246

Gran Bahia Principe Tulum • 4 1/2 ★

All-Inclusive • Standard rm.
Jan. 30 • 1 wk.

PRIVILEGES
$1419
+Taxes & other fees: $246

USA

Las Vegas

Rio All Suite Hotel & Casino • 4 ★

Deluxe suite - promo savings
Jan. 24 & 30 • 3 nts.

$299
+Taxes & other fees: $113

San Francisco

Hotel Whitcomb • 3 ★

Double guest rm.
Jan. 22 • 3 nts.

$499
+Taxes & other fees: $120

CRUISE

Royal Caribbean International[1]

Serenade of the Seas®

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. N
Mar. 19 • 1 wk.

$1439
+Taxes & other fees: $132

DREAMS RESORTS & SPAS

DOMINICAN REPUBLIC

La Romana via Toronto

Dreams La Romana Resort & Spa • 5 ★

Unlimited-Luxury®
Deluxe garden view rm.
Feb. 5 – 12 • 1 wk.

PRIVILEGES
$1699
+Taxes & other fees: $186

Punta Cana

Dreams Punta Cana Resort & Spa • 5 ★

Unlimited-Luxury®
Deluxe rm.
Feb. 1 - 22 • 1 wk.

PRIVILEGES
$1879
+Taxes & other fees: $171

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